

### HOW TO PLAY THE RACES.

One of Cincinnati's best business men, who has made a success in a line that could never have been attempted by a man of his class, has decided to stop playing the game, and he declares outright the only way that a man of affairs can engage in the enticing sport is to be an inquirer man. "I always go to the track," he then says, "I never allow myself to lose more than \$100 at a time, and when I have lost that I quit. When I first came on the ground, and afterward so that if I lose it will be no more than \$100, I go to the track and place my money and await the results. I lose I quit. If I win I play on until I have lost \$100. I have never lost more than a small amount. I would never lose myself to carry away from the track a large winning, and tell you you

that I may obtain some recreation in a  
 that is entirely distinct from my regu-  
 lar business. In order to enjoy recrea-  
 tion, I need not be a workman. I  
 shall have no connection with any every-  
 day affairs and carry with it a sense of  
 absolute newness and distinct separation  
 from my work. I shall change my work-  
 ing place, and I go into it betting with  
 vim, but when I am through I want to  
 have it absolutely behind me as if it were only  
 a dream. In the same way, I want to  
 have my business behind me when I go to  
 the bank, that it may be absolute recreation,  
 that when I am through betting I can

ness or losses when I am ready to go back to work and carry on my business. I am not afraid to admit, if I admit, it does not worry me and I have all the pleasure of betting, and if I win only a small sum I do not have to think that I am through. The moment that I begin to lose large amounts I begin to worry, whether I am in the betting shed or at my business, where my mind is always on everything of the sort, and in the same way my worries and my mind will run on that instead of on my affairs that need my undivided attention.

At your door every morning,  
\$4.00 a year by mail.  
Tell your neighbor,  
\$4.00 a year by mail.  
Tell your neighbor.

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**SHE COULD TALK.**

and She Did Quite a Big Spell of It in  
Three Breaths.

from the New York Sun.

The following is an illustration of the con-  
versational gifts of a stout lady, overhauling

"I've just been up calling on Lucy Prowse she used to live over near us you know I promised that as soon as she got back from the States I'd run across and see her and this morning I was out and I should see her on Broadway over here and so I just tagged out and came over. This sentence, not unnaturally, put her out of breath, but she recovered herself.

She was surprised to find how cozily Lucy fixed she has a real sweet little flat with nice furniture and lots of dainty things. "I like it," she told you, "and though it wasn't best calling it a home, I like a number of people, very nice people, looking at the things she had picked out. I'm a little curious and such things you know and I like a nice cup of chocolate though I can't say I like ice-cream in the afternoon. I prefer tea. So you I do."

Lucy paused and after what the reporter calls a "long deep draught of breath through the open mouth," she

left William I'd call in for him when I told Lucy as he wants me to look at much as a busy day and he never at first consulting me which is very complimentary you know though somewhat insulting to her you have so many other things to look after I declare these are the only two I can spare for you. I'll make such a row you can scarce hear what any one is saying this is Franklin street isn't it well good-bye dear I'm so glad to hear you come right over soon now don't you I've had such a lovely time today-by.

**Disordered Digestive Apparatus the Great Hair Puller.**

From Hall's Journal of Health.

Dyspepsia is one of the most common causes of baldness. Nature is a great economist, and her first nutrient elements furnished by the blood are insufficient to properly support the whole body, she cuts the supply to parts the least vital, like the hair and nails, that the heart, lungs and other vital organs may be the better furnished. In cases of severe fevers, this economy is particularly noticeable. A sin-

The hair falls out when the strength of the root is insufficient to sustain its weight. It is longer than the hair which it replaces if the root is not diseased. When the hair begins to split or fall out massage to the scalp is excellent. Place the tips of the

to move the scalp while holding the pressure against the scalp to stimulate the hair follicles. The brush is used on the forehead, temples, crown and vertex, underneath and along the hairline. After nourishment of the hair. A brush of evenly tufted bristles is also excellent to use upon the scalp, not the hair.

# EXTRACTS,

A. HAMMOND.  
MELANCHOLIA.  
Loss of Mental  
and Physical

**Power in Both  
Sexes.**  
**Loss of Appetite.**

**Heart Failure.**  
**Insomnia.**  
**Brain Fog.**  
**Dyspnea.**

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